

In addition to the useful resources on a variety of matters concerning your child's well-being, this edition focuses on summer wellness and provides resources you may find helpful to support you and your child.

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Summer Safety

On behalf of the safeguarding team at Bilton School, we wish you all a happy Summer. Stay safe and enjoy the summer break!

As the school year wraps up and summer kicks into full gear, it's an exciting time for families. They're ready to enjoy the freedom and fun that the sunny season brings. However, it's also crucial for families to keep safety at the forefront. Here are some essential tips to ensure your teenagers have a safe and enjoyable summer:

1. ****Stay Sun-Smart:**** Encourage the use of sunscreen with at least SPF 30, wearing hats, and seeking shade during peak sun hours (10 AM to 4 PM). Sunburn isn't just uncomfortable—it can have long-term health effects.
2. ****Keep Hydrated:**** With the excitement of summer activities, teens may forget to stay hydrated. Encourage drinking water regularly, especially before, during, and after physical activity.
3. ****Set Clear Boundaries:**** Summer often means more independence for teens. Discuss expectations and boundaries regarding curfews, unsupervised outings, and driving responsibilities.
4. ****Online Safety:**** As screen time might increase during summer, have a chat about online safety—maintaining privacy, understanding online interactions, and managing time spent on screens. [Reporting online safety concerns | NSPCC](#)
5. ****Encourage Group Activities:**** Whether it's sports, volunteering, or just hanging out, activities in groups can help keep teens safe and socialized.
6. ****Avoid Open Water Swimming:**** Open waters like lakes, rivers, and oceans can be unpredictable with hidden currents and deeper spots. Always opt for supervised swimming areas and heed local safety advice.

By keeping these tips in mind, families can ensure they not only stay safe but also make the most of their summer holidays. Enjoy the season with peace of mind!



Stowe Valley
MULTI ACADEMY TRUST

COLD WATER SHOCK

WATER SAFETY

DO NOT TAKE THE RISK



We are aware as the weather is getting warmer that young people are wanting to cool off or go swimming.

We would like to remind people of the extreme dangers of swimming in open water quarries, canals, lakes and rivers.



What are the dangers?

- Not knowing the depth of the water
- If there are objects in the water you can't see e.g sharp objects or rocks you can't see
- Plants that could obstruct you from moving freely in the water or prevent you from getting out of the water
- The potential you could drown

How else can you stay cool?

- Treat yourself to an ice cream or ice lolly.
- Get a paddling pool for the garden or alternatively have a cold shower to cool off.
- When at home wear loose and light clothing.
- Sit in the shade or find a cooler area to relax in.

**QUARRY WATER IS STONE COLD
AND CAN KILL**

STAY SAFE STAY OUT



RAILWAY SAFETY

Whenever you're on the track you're at risk of serious injury or death from trains and high voltage electricity.

Putting objects on the track (like stones or shopping trolleys) could cause an accident which may hurt or kill other people. Even a small object can derail a train.



“I didn’t expect electricity to just *jump* at me.”

Watch Harrison’s story.

YouVsTrain.co.uk

You vs. Train

Everyone loses when you step on the track.

Railroad tracks are private property, not public trails. It's illegal to walk on the tracks unless you're at a designated crossing.





Dear Parent / Guardian

Trespassing on the railway network is extremely dangerous and endangers not only the lives of those on the track, but also passengers, railway staff and the general public.

Many people - especially young people - fail to understand the danger they put themselves and others in, when they make the choice to stray onto the rail network.

As summertime approaches, we are already seeing an increase in the number of incidents being reported.

Incidents we're seeing involve children and young people:

- Hanging around on station platforms and crossing the tracks.
- Walking along the railway lines.
- Throwing stones at trains.
- Placing objects on the railway lines.
- Using the railway as a playground.

I am sure you agree that all of the above activities are extremely dangerous.

The British Transport Police and Network Rail are seeking the support of parents and guardians to highlight the danger and implications of these activities to help us reduce the number of young people putting themselves and others at significant risk.

To assist with the conversation there are a number of online videos available and range depending on the age group of your child.

Links to Videos

[Home - Switched On! \(switchedonrailsafety.co.uk\)](http://switchedonrailsafety.co.uk)

[Educational resources for children - Network Rail](#)

[Home - You vs. Train \(youvstrain.co.uk\)](http://youvstrain.co.uk)

[Stay Safe with Thomas - Network Rail](#)

Key Messages

Trains are always running on the railway and can differ in times meaning that you can never predict when a train will pass. The Electricity is **ALWAYS** switched on around the railway.

Always **Stop, Look and Listen** before using a Level Crossing.

DO YOU KNOW WHERE YOUR CHILDREN ARE?

Trespassing on the railway is also a **criminal offence** which can involve your child obtaining a criminal record and a fine of £1000.

If you wish to report any information to us, please call us on Freephone 0800 40 50 40 or text the information to 61016.

ONLINE CONTENT

10 tips to keep your children safe online

The internet has transformed the ability to access content. Many apps that children use are dependent on user-generated content which can encourage freedom of expression, imagination and creativity. However, due to the sheer volume uploaded every day, it can be difficult for platforms to regulate and moderate everything, which means that disturbing or distressing images, videos or audio clips can slip through the net. That's why we've created this guide to provide parents and carers with some useful tips on keeping children safe online.



1 MONITOR VIEWING HABITS

Whilst most apps have moderation tools, inappropriate content can still slip through the net.



2 CHECK ONLINE CONTENT

Understand what's being shared or what seems to be 'trending' at the moment.



3 CHECK AGE-RATINGS

Make sure they are old enough to use the app and meet the recommended age-limit.



4 CHANGE PRIVACY SETTINGS

Make accounts private and set content filters and parental controls where possible.



5 SPEND TIME ON THE APP

Get used to how apps work, what content is available and what your child likes to watch.



6 LET CHILDREN KNOW YOU'RE THERE

Ensure they know that there is support and advice available to them if they need it.



7 ENCOURAGE CRITICAL THINKING

Talk about what people might post online and why some posts could cause distress.



8 LEARN HOW TO REPORT & BLOCK

Always make sure that children know how to use the reporting tools on social media apps.



9 KEEP AN OPEN DIALOGUE

If a child sees distressing material online, listen to their concerns, empathise and offer reassurance.



10 SEEK FURTHER SUPPORT

If a child has been affected by something they've seen online, seek support from your school's safeguarding lead.

A light blue silhouette of a human head in profile, facing right. Inside the head are several white circles of varying sizes, resembling bubbles or thoughts. The background of the top section is white with scattered light blue circles of various sizes.

Urgent Mental Health Support

For Urgent Mental Health Support call

0300 200 0011 *(calls to this number are free).*

The Coventry and Warwickshire Partnership NHS Trust service is available **24 hours a day, 7 days a week.**

During the COVID-19 (coronavirus) outbreak, we are currently prioritising our crisis services. We are also providing virtual and telephone assessments where possible.

NHS Mental Health Crisis Service:

Telephone Number: 0300 200 0011 *(24 hours a day, 7 days a week - Between 9am to 5pm this number will take you to a central service, where your needs will be triaged and where required you will be placed into contact with the local crisis team. Outside of these working hours your call will be directly managed by the crisis service).*

When you contact us we will explore with you the nature of your crisis and assess with you if we need to come and visit you at your home. We have a range of experienced NHS staff and clinicians who will be able to guide you to service offers available to you across Coventry and Warwickshire.

Additionally during 8am and 8pm (7 days a week) you can call the Children and Young People Crisis Service directly on 024 7674 1799 *(outside of these hours please use the main number above).*

Voluntary and Community Sector Support Helpline provided by Mental Health Matters in Coventry and Warwickshire

Telephone Number: 0800 616 171 *(24 hours a day, 7 days a week).*

Website link: <https://www.mhm.org.uk/coventry-warwickshire-helpline>

This helpline provides emotional support to residents in Coventry and Warwickshire and connects you with highly skilled, trained and compassionate staff that can offer you a listening ear and can connect you with a wider network of support provided by the voluntary sector in collaboration with the trust. This service also provides a webchat functionality if you feel speaking with someone over the phone is too difficult.

Mental Health in Schools Team

Tips For Wellness

Growing for
wellbeing week -
3rd - 9th June

Get outdoors

Being outside can help decrease your anxiety levels, as well as lessen stress and feelings of anger. Exercise can also help with this and it's even better when you're outside!

Regular access to green spaces has been linked to lower risks of depression and improved concentration and attention. Cycling and walking both release our 'feel-good' hormones known as endorphins. These hormones help to relax your mind and make you feel happier. This boosts your mood and reduces your feelings of anxiety. Research shows that those who regularly cycle also have a significantly lower risk of feeling stressed!

Our tips for getting outdoors:

1. Check out the QR code for **75 fun outdoor activity ideas!** There are some great suggestions for things you can do outdoors during the summer holidays, why not create your own 'summer holiday bucket list' of all the activities you would like to try?
2. Have a look in your local area for any **parks or green spaces** you can go to. Some parks have a variety of activities you can do, such as football, mini golf, tennis and foot golf! Follow the QR codes for some suggestions.
3. Try a new outdoor activity, such as **disc golf!** There are disc golf courses available in Stratford (Gilly's Disc Course) and Leamington (Quarry Park Disc Golf Course).
4. Follow the QR code below to the best **trails in Warwickshire**, where you can walk, mountain bike or climb outdoors with family and friends. There are plenty routes to choose



75 outdoor activities!



Coombe Abbey facilities



War Memorial Park facilities



Warwickshire trails

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate! thankskids@covwarkpt.nhs.uk.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.